



PHOENIX



looking back over a month of Taekwondo

TAEKWONDO

Inspiring a Generation

WE'RE BACK! PHOENIX TAEKWONDO SUMMER DEMONSTRATION 2025



It was a fantastic feeling to be back on the demonstration circuit last month for our first public display since 2022. Phoenix Taekwondo took a team of 100 performers to create and present a Taekwondo spectacle at the Ladygrove Park Summer Fayre. We want to thank everybody for their dedication and hard work in the classes leading up to the event, that helped us overcome cracks in the ground and rain on the day to deliver something really very special. As we saw on the day, Phoenix does so much more than the average martial arts club working together to create a real show from our Little Dragons, Juniors, Black Belts and Phoenix Adults, complete with music, choreography, spectacular kicks, mixed with humour and a real dancing Tae-Yong Dragon.



UPCOMING EVENTS
IMPORTANT DATES

- Aug 10th Sun: GB Regional Poomsae Training
- Aug 15th Fri: Final Class Before Summer Break
- Sept 3rd Weds: Classes return after Summer Break
- Oct 5th Sun: GB Regional Poomsae Training
- Sept 21st Sun: Bluewave Poomsae Championships
- Sept 28th Sun: Black Belt Seminar Nottingham
- Oct 5th Sun: GB Regional Poomsae Training
- Oct 18th Sat: Aquila Poomsae Championships
- Nov 1st/2nd: National Poomsae Championships
- Nov 23rd Sun: National Black Belt Grading

Phoenix Athlete Makes it to GB Elite Squad Try-outs

More fantastic news for the club as Phoenix Poomsae performance athlete, Thea has been selected for a Summer try out with the Team GB Elite Squad Team at the National Taekwondo Centre in Manchester. This gives the club 3 elite and 2 regional athletes plus a national coach!



Team GB Regional Squad Training



Last month, Phoenix Taekwondo had two of our athletes, Annabel and Thea joining the open session followed by the closed GB Regional Squad Training in south east London, along with GB coach Chris. The Regional Training sessions are organised each month by British Taekwondo and the Open Sessions held before the GB squad training are open to any of our Black Stripe and Black Belt grades who are interested in being coached by the National GB coaches! If you are interested in joining drop us a mail!



Phoenix Taekwondo Supporting Students for 'The Duke of Edinburgh Award' Scheme

As a local club, we have a long history of supporting many of our students involved in 'The Duke of Edinburgh Award' scheme. You can use Phoenix Taekwondo for both the physical AND the volunteering sections of the award. Last month we celebrated Phoenix student Shiming on finishing his Silver Award for volunteering and Clement for his Bronze Physical Award (having also completed his Bronze volunteering some time ago). Please do drop us a mail, message or speak to us at the class if you would like Phoenix to support your own Duke of Edinburgh Award work.



PHOTO-KICK Your Way to Prizes with the TKD Summer Kicking Challenge!

By popular request, the Phoenix Summer Kicking Photo competition is back! Just send us an awesome photo of your fantastic kick for us to post on the Phoenix social media, for a chance to win a Taekwondo prize from Korea. The competition is open throughout August and the best kicks with pose and location will win prizes. It doesn't matter if it's in your back garden or on top of a mountain.what are you waiting for? Get Snapping!



This Month's Little Dragons Tae-Yong Award Winners!



Congratulations to this month's Tae-Yong award winners Heesha, Igor, Axel and Henry! All winners get to photo-bomb the Tae-Yong selfie-frame and receive a special award sticker! Who will it be next month?



@phoenixtkd



phoenix.taekwon@gmail.com



www.phoenixtaekwondo.net



www.facebook.com/PhoenixTKD